

## Positive Alternatives 2017 - 2018 Quarterly Update

**Grantee (Name and city):** Pregnancy Choices LifeCare Center, Apple Valley #838739

**Contact:** Becky Hanel

**Phone and Email:** 952-997-2229 [becky@mypregancychoices.com](mailto:becky@mypregancychoices.com)

**Goal:** To provide positive alternatives to abortion for pregnant and parenting women in Minnesota

**For the period/quarter:** 01/01/2017-03/31/2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Provide guidance to grant staff Attend required grant meetings Hire new grant staff Manage grant budget/provide reports		All activities are continually in process.	
<b>Outreach</b>	Promotion of Positive Alternative Programming		We do this through presentation to outside groups, tours we host at the center, online marketing, brochures as well as in house advertising in our positive pregnancy folders.	

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Car Seat Program</b>	Car Seat Safety Video is shown to all Baby and Me! participants. Clients choose between 8 week one on one life coaching and video instruction or a 2-hour fast track class.	10	We had 33 clients graduate from our Baby and Me or Fast Track class.	33
<b>Case Management Services</b>	Baby and Me! (BAM) 8 week participants as well as BAM2 participants are included in this section.	30	We had 133 distinct clients come through our program. We do not include their multiple visits in this number but rather the number of clients who took advantage of our pregnancy or post partum services.	133
<b>Education Assistance</b>	Provide community resources for education/child care/ESL/GED	12	Included in our positive pregnancy folder as part of our referral package.	40
<b>Employment Assistance</b>	Provide community resources for employment Provide IPAD and printer for employment applications or research	12	This is not a service that our clients tend to use. They prefer to do their own job searches although we offer for them to use our IPAD's/printers. We have some job postings that we place on our bulletin board.	4
<b>Financial Assistance</b>	Provide help in applying for financial assistance through various local agencies.	6	We submit numerous requests for rental assistance through Cradle of Hope and have helped clients navigate through the local county systems.	5

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Housing Assistance</b>	During intake, if housing assistance is determined to be needed, referrals are made to the appropriate resource. We have information on transitional housing as well as sober housing.	10		2
<b>Nutrition</b>	Women receive nutrition handouts, prenatal vitamins as well as video education on nutrition and exercise during pregnancy.	40	Positive Pregnancy folders are offered to all clients who test positive.	40
<b>Parenting Education</b>	Provide Assessment for family needs and parenting education on the following topics: Confidence at the Core (8 week coaching program) Just for Me! (12 week coaching wellbeing program) Infant Care Postpartum Depression Crib Safety Car Seat Safety Shaken Baby Syndrome Scream Free Parenting series Provide list of community resources for food, clothing, preschool, ECCE	150	This represents the total number of client visits for our Baby and Me! class as well as our monthly postpartum group. Our numbers are very high due to a sharp increase in clients served (as well as sharp increase in referrals!) as well as the addition of a male life coach for our brand new Fatherhood Program. We have 5 part time life coaches who are able to see a high number of clients weekly.	239

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Pregnancy Education</b>	Women receive coaching services as well as video education on gestation, reducing/eliminating smoking/drinking/drugs, exercise, bonding, post-partum depression, nursing, labor and delivery, infant massage and child development	90	This includes all Baby and Me Appointments (same client may make multiple visits)	192
<b>Pregnancy Testing</b>	Assessment of program eligibility after providing pregnancy testing and coaching.	45		48
<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	125	This includes all Baby and Me Appointments + post partum classes (same client may make multiple visits)	239

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Provide Necessary Services Assessments Only</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	25		48

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	16
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	17
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	33
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	33
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	18
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	15

**Challenges:** We recognize the need for one of our staff to continually be out in the community to raise awareness of what we do and who we are. We currently do not have enough staff to be able to accomplish this on a regular basis without compromising client care.

**Comments:** We have seen a large increase in both referrals from current clients but also in abortion vulnerable/determined women. Internet marketing continues to play a key role in our successfully reaching the abortion determined woman.